
Hawai`i Health Performance In Action

An Update of the Hawai`i Health Performance Plan (H2P2)

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Hawai`i Health Performance Plan (H2P2)



AS the “*State of Hawai`i's health planning and resources and development program*” SHPDA is mandated to develop a “*state health services and facilities plan which shall address the health care needs of the State.*”

The Hawai`i Health Performance Plan or H2P2 is a community driven and comprehensive health plan. It includes performance outcome measures to guide the development of health care in our State.

H2P2 is a living document that we constantly strive to improve. We are working with communities, who identified health issues and are working on solutions to address these issues. ♥

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FOCUS ON...Chapter VI – “Diabetes and Other Chronic Disabling Conditions”

Jamie Cameros, Chapter Facilitator, representing Kaiser Permanente, found that chronic disabling conditions surround us.

In 1995, an estimated 99 million people in the United States had a chronic condition. By 2030, it is estimated that this number will increase to 150 million Americans. Forty two million of these Americans will be limited in their ability to go to school, to work, or to live independently.

Providing adequate services for people with chronic conditions has significant implications for national health care expenditures. In 1990, \$470 billion was spent on the direct costs of medical care for people with chronic conditions. This does not take into account indirect costs for lost productivity or socio psychological costs associated with people who have chronic conditions.

The health care delivery system must evolve to provide cost-effective and coordinated health care for the growing number of Americans with chronic health conditions. Chronic conditions call for care that includes an integrated network of professionals with a great reliance on non-professional and informal caregiving – that is, on family, friends, and community-level organizations.

The goal of chronic care is not to cure. Rather, to help individuals with chronic conditions maintain independence and a high level of functioning. ♥

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FOCUS ON...Alzheimer's Disease

Alzheimer's Disease is the fourth leading cause of death in adults. It is a progressive and degenerative disease that attacks the brain and results in impaired memory, thinking and behavior.

Alzheimer's Disease is a heavy economic burden on society. A recent study estimated that the cost of caring for a patient with severe cognitive impairment at home or in a nursing home is more than \$47,000 a year. For a disease that can span from 2 to 20 years, the overall cost to families and society is staggering.

It is estimated that 17,000 people in Hawai`i have Alzheimer's Disease. However, only a small number are formally diagnosed, making it a relatively under-diagnosed condition.

RECOMMENDATION... Alzheimer's Disease

- 1. Screening Programs and Public Education** designed to increase awareness of the early signs of Alzheimer's Disease will help get people into needed treatment.
- 2. Access to Specialty Care** to improve quality of life for the Alzheimer's patient and their family members.
- 3. Community Support Services** such as Alzheimer's specific day care, respite care, and skilled nursing must increase.
- 4. Patient and Family Caregiver Support Groups and Counseling** should be made available to patients and family members to help them cope with the disease.
- 5. Long Term Care** programs that are cost-effective must be made available.
- 6. Research** aimed at improving diagnosis and therapeutic effectiveness must increase. ♥

FOCUS ON...Asthma

Asthma is the Greek word for panting. It is a condition that causes inflammation and obstruction of the airways.

Asthma usually develops in childhood. The first episode often follows a cold or the flu and is more common in children who are exposed to cigarette smoke in the home. Many children outgrow asthma but will still be at risk as adults. Most children and adults can control their asthma by avoiding triggers that cause attacks and using medications to manage symptoms. Many things can trigger asthma, including allergens, exercise, cigarette smoke, changes in weather, and colds or the flu.

Approximately 100,700 people in Hawai'i have some form of asthma and they account for 8.8% of the state population (1996 Health Surveillance Survey). The distribution of prevalence rates by region shows the residents of Kaua'i have the highest rate of asthma and residents of Honolulu have the lowest rate.

RECOMMENDATION... Asthma

A concerted effort by the community, health care providers, and the patient is needed to address:

1. Environment Control Measures.

- Reduce to zero the emissions of air pollutants above permit levels.
- Explore improved extermination measures.
- Reduce exposure to environmental tobacco smoke.

2. Coordinated Health Care

- Prevent chronic and troublesome symptoms.
- Maintain (near) normal pulmonary function.
- Maintain normal activity levels.

- Prevent recurrent asthma attacks and minimize the need for emergency visits or hospitalization.

3. **Patient Education.** An educated patient can participate in self-management and is more likely to adhere to treatment programs. Culturally sensitive patient education is also essential.

IN ACTION...Windward Subarea Health Planning Council

Did you know that Windward Oahu residents have the second highest rate of asthma in the State? Because of this fact, the Windward Oahu SAC is focusing its efforts on asthma prevention and education.

Examples of some of their activities are:

- ❖ Initiated and facilitates the *Asthma Coalition* that brings together key players to address asthma issues in Windward Oahu.
- ❖ Public awareness campaigns
- ❖ Windward O'ahu's first ever, *Asthma Data and Resource Book* with specific Windward Oahu data and resources.
- ❖ Pilot programs for kids in school and their parents in collaboration with the Department of Education, the American Lung Association and others.
- ❖ Pursue additional funding for research and evaluation activities. ♥



FOCUS ON...Diabetes

Diabetes is a major cause of disability and death in Hawai'i. With diabetes, the body does not produce or properly use insulin, which is a hormone needed to convert sugar, starches, and other food into the energy required to support life functions. Although the cause of diabetes is unknown, it appears that genetic, lifestyle, and environmental factors play a major role in developing diabetes. At this time, there is no cure.

Approximately 52,000 people in Hawai'i have some form of diabetes ("Creating a Surveillance System for Diabetes in Hawaii," 1996). The prevalence in Hawai'i is 48% higher than the national prevalence rate.

Diabetes is known as a "silent killer" because many people don't know they have diabetes until they develop one or more of its life-threatening complications:

- Blindness. Diabetes is the leading cause of blindness for people ages 20 – 74.
- Kidney Disease affects 10-20% of people with diabetes. For many diabetics with kidney disease, their condition gradually deteriorates to outright kidney failure.

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"The best health care website in Hawai'i"

- Nerve Disease and Amputation affects approximately 60-70% of people with diabetes. In severe cases, it can lead to lower limb amputation.
- Heart Disease/Stroke is present in nearly 75% of all diabetes-related deaths. People with diabetes are two to four times more likely to suffer a stroke or develop cardiovascular disease.

RECOMMENDATION... Diabetes

It is imperative that people with diabetes have their condition under personal control and are monitored by coordinated health care teams.

- **Access** to affordable and quality health care is essential. To facilitate access to care we must work to prohibit pre-existing condition exclusions and provide coverage for prescription drugs and insulin and diabetes-related supplies, equipment and education.
- **Health Care Team Education** is vital. People with diabetes have a multi-system disease; a team approach that involves screening, enrollment, treatment and monitoring is best.
- **Patient Education** is critical. It will help people with diabetes get the information needed to reduce their risk for complications through education and controlling their blood glucose levels.♥

